



National Nutrient Database for Standard Reference  
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## Statistics Report 01280, Yogurt, Greek, nonfat, strawberry, DANNON OIKOS

Report Date: July 16, 2017 18:32 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
<strong>Proximates</strong>													
Water <sup>1</sup>	g	78.63	6	0.061	78.5	78.8	5.0	78.475	78.791	1	Analytical or derived from analytical	--	07/2014
Energy	kcal	84	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2014
Energy	kJ	352	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2014
Protein <sup>1</sup>	g	8.03	6	0.067	7.88	8.27	5.0	7.86	8.206	1	Analytical or derived from analytical	--	07/2014
Total lipid (fat) <sup>1</sup>	g	0.22	6	0.017	0.2	0.3	5.0	0.174	0.26	1	Analytical or derived from analytical	--	07/2014
Ash <sup>1</sup>	g	0.59	6	0.013	0.55	0.63	5.0	0.554	0.62	1	Analytical or derived from analytical	--	07/2014
Carbohydrate, by difference	g	12.53	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2014
Fiber, total dietary <sup>1</sup>	g	0.4	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2014
Sugars, total <sup>1</sup>	g	11.63	3	0.097	11.43	11.74	2.0	11.21	12.042	1	Analytical or derived from analytical	--	07/2014

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Sucrose <a href="#">1</a>	g	3.96	3	0.073	3.86	4.1	2.0	3.642	4.271	1	Analytical or derived from analytical	--	07/2014
Glucose (dextrose) <a href="#">1</a>	g	0.25	3	0.062	0.18	0.37	2.0	-0.02	0.512	1	Analytical or derived from analytical	--	07/2014
Fructose <a href="#">1</a>	g	4.44	3	0.037	4.4	4.51	2.0	4.279	4.594	1	Analytical or derived from analytical	--	07/2014
Lactose <a href="#">1</a>	g	2.42	3	0.022	2.38	2.45	2.0	2.329	2.517	1	Analytical or derived from analytical	--	07/2014
Maltose <a href="#">1</a>	g	0.00	3	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	07/2014
Galactose <a href="#">1</a>	g	0.56	3	0.007	0.55	0.57	2.0	0.535	0.592	1	Analytical or derived from analytical	--	07/2014
Starch <a href="#">1</a>	g	0.00	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2014
<b>Minerals</b>													
Calcium, Ca <a href="#">1</a>	mg	94	6	0.933	92	98	5.0	91.384	96.182	1	Analytical or derived from analytical	--	07/2014
Iron, Fe <a href="#">1</a>	mg	0.06	6	0.004	0.05	0.08	5.0	0.052	0.073	1	Analytical or derived from analytical	--	07/2014
Magnesium, Mg <a href="#">1</a>	mg	11	6	0.173	10	11	5.0	10.206	11.094	1	Analytical or derived from analytical	--	07/2014

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Phosphorus, P <a href="#">1</a>	mg	114	6	1.249	111	118	5.0	110.955	117.378	1	Analytical or derived from analytical	--	07/2014
Potassium, K <a href="#">1</a>	mg	145	6	1.789	140	151	5.0	140.402	149.598	1	Analytical or derived from analytical	--	07/2014
Sodium, Na <a href="#">1</a>	mg	33	6	0.570	31	35	5.0	31.601	34.532	1	Analytical or derived from analytical	--	07/2014
Zinc, Zn <a href="#">1</a>	mg	0.45	6	0.008	0.43	0.47	5.0	0.428	0.469	1	Analytical or derived from analytical	--	07/2014
Copper, Cu <a href="#">1</a>	mg	0.017	6	0.001	0.01	0.02	5.0	0.015	0.019	1	Analytical or derived from analytical	--	07/2014
Manganese, Mn <a href="#">1</a>	mg	0.029	6	0.000	0.03	0.03	5.0	0.028	0.03	1	Analytical or derived from analytical	--	07/2014
Selenium, Se <a href="#">1</a>	µg	8.9	3	0.058	8.8	9	2.0	8.652	9.148	1	Analytical or derived from analytical	--	07/2014
<b>Vitamins</b>													
Vitamin C, total ascorbic acid <a href="#">1</a>	mg	0.2	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2014
Thiamin	mg	0.033	--	--	--	--	--	--	--	--	Calculated or imputed	01256	07/2014
Riboflavin <a href="#">1</a>	mg	0.217	3	0.029	0.17	0.27	2.0	0.092	0.342	1	Analytical or derived from analytical	--	07/2014

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Niacin <sup>1</sup>	mg	0.220	3	0.006	0.21	0.23	2.0	0.195	0.245	1	Analytical or derived from analytical	--	07/2014
Pantothenic acid <sup>1</sup>	mg	0.385	2	--	0.38	0.39	1.0	--	--	1	Analytical or derived from analytical	--	07/2014
Vitamin B-6 <sup>1</sup>	mg	0.051	3	0.002	0.05	0.05	2.0	0.041	0.06	1	Analytical or derived from analytical	--	07/2014
Folate, total <sup>1</sup>	µg	20	1	--	--	--	--	--	--	1	Analytical or derived from analytical	--	07/2014
Folate, food	µg	20	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2014
Vitamin B-12 <sup>1</sup>	µg	0.59	2	--	0.57	0.62	1.0	--	--	1	Analytical or derived from analytical	--	07/2014
Vitamin D (D2 + D3)	µg	1.0	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2014
Vitamin D2 (ergocalciferol) <sup>1</sup>	µg	0.0	1	--	--	--	--	--	--	1	Analytical or derived from analytical	--	07/2014
Vitamin D3 (cholecalciferol) <sup>1</sup>	µg	1.0	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2014
Vitamin D <sup>1</sup>	IU	40	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2014

Lipids

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Fatty acids, total saturated	g	0.110	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2014
4:0 <sup>1</sup>	g	0.007	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2014
6:0 <sup>1</sup>	g	0.002	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2014
8:0 <sup>1</sup>	g	0.003	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2014
10:0 <sup>1</sup>	g	0.018	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2014
12:0 <sup>1</sup>	g	0.007	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2014
14:0 <sup>1</sup>	g	0.011	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2014
15:0 <sup>1</sup>	g	0.003	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2014
16:0 <sup>1</sup>	g	0.039	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2014
17:0 <sup>1</sup>	g	0.002	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2014

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
18:0 <sup>1</sup>	g	0.018	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2014
20:0 <sup>1</sup>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2014
22:0 <sup>1</sup>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2014
24:0 <sup>1</sup>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2014
Fatty acids, total monounsaturated	g	0.024	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2014
14:1 <sup>1</sup>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2014
15:1 <sup>1</sup>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2014
16:1 undifferentiated <sup>1</sup>	g	0.001	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2014
16:1 c <sup>1</sup>	g	0.001	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2014
16:1 t <sup>1</sup>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2014

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
17:1 <sup>1</sup>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2014
18:1 undifferentiated <sup>1</sup>	g	0.022	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2014
18:1 c <sup>1</sup>	g	0.022	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2014
18:1 t <sup>1</sup>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2014
20:1 <sup>1</sup>	g	0.001	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2014
22:1 undifferentiated <sup>1</sup>	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2014
22:1 c <sup>1</sup>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2014
22:1 t <sup>1</sup>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2014
24:1 c <sup>1</sup>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2014
Fatty acids, total polyunsaturated	g	0.008	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2014

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
18:2 undifferentiated <sup>1</sup>	g	0.007	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2014
18:2 n-6 c,c <sup>1</sup>	g	0.007	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2014
18:2 CLAs <sup>1</sup>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2014
18:2 t not further defined <sup>1</sup>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2014
18:3 undifferentiated <sup>1</sup>	g	0.001	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2014
18:3 n-3 c,c,c (ALA) <sup>1</sup>	g	0.001	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2014
18:3 n-6 c,c,c <sup>1</sup>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2014
18:3i <sup>1</sup>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2014
18:4 <sup>1</sup>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2014
20:2 n-6 c,c <sup>1</sup>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2014

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
20:3 undifferentiated <sup>1</sup>	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2014
20:3 n-6 <sup>1</sup>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2014
20:4 undifferentiated <sup>1</sup>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2014
20:5 n-3 (EPA) <sup>1</sup>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2014
22:4 <sup>1</sup>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2014
22:5 n-3 (DPA) <sup>1</sup>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2014
22:6 n-3 (DHA) <sup>1</sup>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2014
Fatty acids, total trans	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2014
Fatty acids, total trans-monoenoic	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2014

#### Sources of Data

<sup>1</sup>Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 18d, 2014 Beltsville MD